

**ABSTRACT OF THE DISCLOSURE**

A yoga balance trainer includes a main frame and a seat assembly. The main frame includes opposite bottom and top boards, and a spring unit connected between the bottom and top boards so as to permit movement of the top board relative to the bottom board. The seat assembly includes a supporting leg frame secured to the top board, and a seat secured to the supporting leg frame. When the user sits on the seat assembly and moves to and fro, the top board moves relative to the bottom board.